

# INTRODUCTION TO ONLINE HEALTH INFORMATION

[Your name]

[Your Library's Name]

[Date]

# INTRODUCTIONS

- Picture of yourself (opt)
- Your name
- Your job at the library
- Fun fact
- [people can intro themselves if they want/it's a small enough class, and maybe talk about what they want to learn about]

## CLASS OBJECTIVES

At the end of this class you will...

- Understand what health literacy is and why it is important
- Be able to evaluate and determine the quality of online health information
- Be able to identify a set of reliable and authoritative “go-to” health information sites

**ULTIMATE GOAL:** For you to have the tools and resources so YOU can make informed, confident decisions about your health

# BRAINSTORM!



What is  
health  
literacy?

## HEALTH LITERACY IS...

“...the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.”

- Healthy People 2020

## WHY IS THIS IMPORTANT?

- Health care today is a responsibility between physicians AND patients. YOU need to find and understand health information, so YOU can make healthy decisions
- Health literacy is your ability to find and understand health info, and can determine a person's overall health
  - Low health literacy → higher risk of death, more emergency room visits, higher health care costs (AHRQ Report)

NOTE: Health literacy is NOT necessarily related to education level or reading ability

# BRAINSTORM



Where do you  
go for health  
information  
online?

## ONLINE HEALTH INFO – THINGS TO REMEMBER

- Everything online is NOT true
- ANYONE can publish and write something online, there is little regulation
- Popular does NOT automatically equal good
  - Ex: 50 Shades of Grey has sold over 125 million copies worldwide. Should it be considered a literary classic?





# ONLINE HEALTH INFO – HOW TO EVALUATE

- Look at the URL/domain
- Evaluation Criteria:
  - Accuracy,
  - Authority
  - Bias
  - Currency/coverage
- “Are they trying to sell me something?”

You need to be able to tell the difference between GOOD health information, and bad/dangerous information



## DOMAINS AND THE URL

- .com, .edu, .org, .gov, .net
- The tilde ~
- Contact information
- About Us

## ONLINE HEALTH INFO – SEARCH ENGINES

- Search engines are not ALWAYS bad
- Important to know – Search Engines are funded by ADS
- Google: “diabetes medication”
  - The top results have a little “Ad” box next to them
- Search engines will give you the listing that has PAID THE MOST MONEY, or is the MOST POPULAR
  - Sometimes, this is good and reliable information. Sometimes, it is not

## ONLINE HEALTH INFO - ACCURACY

- Does the information have sound medical research backing it?
- Can you verify the information from multiple other sources?
- Are the sources cited reliable?
- Are there grammar/spelling errors?
- Can you see where they cited information from?

Ex: Dog Island and the Pacific Northwest Tree Octopus

## ONLINE HEALTH INFO - AUTHORITY

- Who published the page? What are their qualifications?
- Is the person from a known organization?
- Is the person from a university? Are they a student or a faculty member?
- Can you easily find contact information? Is the contact information specific? Is there a physical address for the organization?
- What does the “About Us” page say? What is the purpose of the organization?

## ONLINE HEALTH INFO - BIAS

- Is this showing one point of view?
- Is advertising clearly marked? Is the author using information improperly to promote a position or product?
- Do they use images, fonts, text, to play to emotions?
  - Ex: MIRACLE CURE!!! FIND OUT HOW TO GET RID OF YOUR DIABETES!!!
- Who is the author, and what is their purpose?

## ONLINE HEALTH INFO - CURRENCY

- When was the information published or posted?
  - Can usually see date of last edit on bottom of the webpage
- Has the information been revised or updated?
- Are the links on the page working?
- Is there more recent research on the subject?

## ONLINE HEALTH INFO - COVERAGE

- Does the information match/support what you have found in other sources?
- Is the information **COMPREHENSIVE** and **COMPLETE**?
  - Some websites have accurate information, but they don't have **ALL** the information
  - Ex: Information on a specific medication, may leave out a serious side effect
- Always a good idea to cross-check information!



# PLACES TO CHECK INFORMATION

# HOW TO SPOT FAKE NEWS



## CONSIDER THE SOURCE

Click away from the story to investigate the site, its mission and its contact info.



## READ BEYOND

Headlines can be outrageous in an effort to get clicks. What's the whole story?



## CHECK THE AUTHOR

Do a quick search on the author. Are they credible? Are they real?



## SUPPORTING SOURCES?

Click on those links. Determine if the info given actually supports the story.



## CHECK THE DATE

Reposting old news stories doesn't mean they're relevant to current events.



## IS IT A JOKE?

If it is too outlandish, it might be satire. Research the site and author to be sure.



## CHECK YOUR BIASES

Consider if your own beliefs could affect your judgement.



## ASK THE EXPERTS

Ask a librarian, or consult a fact-checking site.



International Federation of Library Associations and Institutions  
www.ifla.org

1. Factcheck.org

→ Things to Explore: Health Watch (on right hand side menu)

2. Politifact.com

3. [A Finder's Guide to Facts \(NPR\)](#)

4. [Health News Review](#)

→ Things to Explore: Story Reviews, News Release Reviews, and Toolkit tabs



**Snopes.com** – Looks at online rumors and misinformation

**Quackwatch.org** – Looks out for health-fraud and snake oil



## TRIPLE-CHECK THINGS!

- To verify if something is true and reliable, we recommend that you triple-check things!
- Use a combination of the sites listed in the previous slides
- Check on Google/Twitter to see if there mention of anything

## GO-TO ONLINE HEALTH INFORMATION WEBSITES

- No ads
- Multiple languages (Spanish for sure)
- Rigorously fact checked and updated




GO

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Customer Support](#)

[Health Topics](#)

[Drugs & Supplements](#)

[Videos & Tools](#)

[Español](#)



### Health Topics

Find information on health, wellness, disorders and conditions



### Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



### Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



### Lab Test Information

Learn why your doctor orders laboratory tests and what the results may mean



### Medical Encyclopedia

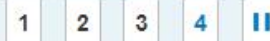
Articles and images for diseases, symptoms, tests, treatments

Share MedlinePlus



Breast milk contains the right balance of nutrients to help your infant grow into a strong and healthy toddler.

Learn more on our [breastfeeding](#) page.



Tweets by [@MedlinePlus](#)



1h

[MedlinePlus.gov](#) [@medlineplus](#)

RT [@theNCI](#): How do genetic changes lead to cancer? Our infographic explains: [cancer.gov/about-cancer/c... #DNA](#)



### Stay Connected

Sign up for MedlinePlus email updates [i](#)

GO

### NIH MedlinePlus Magazine

Read the [latest issue](#)



### Clinical Trials

Search [ClinicalTrials.gov](#) for drug and treatment studies.

# MedlinePlus

1. Available in multiple languages
2. No ads
3. Rigorously updated and fact-checked
4. Gives you links to many other reliable information sources

### Things to Explore:

1. Health Topics
2. NIH MedlinePlus Magazine (read latest issue)
3. How to switch to Spanish





Diseases and Conditions

Prevention and Wellness

Family Health

Your Health Resources

## Monthly Focus: Vaccines and Immunization



INFANTS AND TODDLERS

## The Importance of Vaccinations

Vaccinations are an important part of public health. They prevent the spread of contagious, dangerous, and deadly diseases, and...

Visit our interactive  
symptom checker

[Get Started](#)

# Family Doctor

Things to Explore:

1. Diseases and Conditions
2. Interactive Symptom Checker
3. Articles on the main page



U.S. Department of Health and Human Services

**healthfinder.gov**

Live well. Learn how.

Search healthfinder.gov:

En español

Go

Home

Home



Health Topics A to Z

myhealthfinder

Free Web Content

Find Services Near You

National Health  
Observances

Find us on:



Get Email Updates



### Start a Conversation about STD Testing

Show your partner that you care and want to stay safe.

Read More ▶

### Health Topics

Get information to help you and your loved ones stay healthy.

Health Conditions  
and DiseasesNutrition and  
Physical Activity

Pregnancy



Doctor Visits

Everyday Healthy  
Living

Parenting



myhealthfinder

See which preventive  
services you or a loved one  
may need this year.

Age:

Sex:

☐ Female☐ Male

Get Results

# Healthfinder.gov

1. General health information website from the Office of Disease Prevention and Health Promotion
2. Also in Spanish



[Home](#)

[News and Features](#)

[NLM Resources](#)

[NLM Research  
Resources](#)

[Resources by  
Audience / Class](#)

[Other Resources](#)

[Mobile Site](#)



Information available for 76,330 drugs.

☒ By Name ☐ By Category

Go

- ▶ [Show examples.](#)
- ▶ [Show drug category names, results, and descriptions.](#)
- ▶ [Show top "By Name" searches \(previous seven days\).](#)
- ▶ [Show top "By Category" searches \(previous seven days\).](#)
- ▶ [Show top dispensed prescriptions in the US Market, 2010.](#)
- ▶ [Show common drug names list.](#)
- ▶ [Show generic name stems list.](#)
- ▶ [Show list of resources searched.](#)

# Drug Information Portal

1. From the National Library of Medicine (NLM)
2. Has information about all different kinds of drugs
3. Can search by name, category, brand/generic, etc

# Identify or search for a pill

Start by selecting characteristics of the pill you want to identify:

Name or Ingredient



Imprint



Shape



Color



Inactive Ingredient



[CLEAR ALL](#)

[Advanced Search >](#)

**SEARCH**

## PillBox

1. From NLM
2. Allows you to identify unknown pills using pictures, and description



ALL DRUGS

HUMAN DRUGS

ANIMAL DRUGS

Enter drug, NDC code, drug class, or Set ID



MORE WAYS TO SEARCH:

ADVANCED SEARCH

BROWSE DRUG CLASSES

LABEL ARCHIVES

TABLET/CAPSULE ID TOOL

This website contains **104572** drug listings as submitted to the **Food and Drug Administration (FDA)**.  
At the present time, this Web site does not contain a complete listing of labels for approved prescription drugs.

SHARE    

## NEWS

### [DailyMed Announcements](#)

Posted: December 19, 2017

#### Drug Listing Certification

The U.S. Food and Drug Administration is reminding the pharmaceutical industry of the December 31, 2017, deadline to update or certify their drug listings with FDA. This applies to drug listings that were not initially listed or updated during the current calendar year. This is the first deadline of the annual certification requirement under [Part 207 of Title 21 of the Code of Federal Regulations](#).

Companies must submit this information to FDA in electronic format. They may make a blanket "no changes" certification to indicate that their listing information is up to date in FDA's database. Information about how to certify or submit updates is available at [Electronic Drug Registration and Listing System](#).

It is important for companies to update or certify their listings to ensure that FDA has an accurate list of marketed drugs in the National Drug Code directory. Failure to submit an update or certification by the December 31, 2017, deadline may result in FDA action, including removing the product from the NDC directory. Companies that need further assistance to submit the required information by the December

## FDA GUIDANCES & INFORMATION

### [Drug Guidance, Compliance & Regulatory Information](#)

[View FDA Structured Product Labeling Resources](#)[View FDA Drug Labeling Guidances](#)[View All FDA Drug Guidances](#)

## NLM SPL RESOURCES

The following Structured Product Labeling (SPL) resources have been created to assist industry professionals.

### [Download Data](#)

[All Drug Labels](#)[All Indexing & REMS Files](#)[All Mapping Files](#)

### [SPL Image Guidelines](#)



Guidelines for SPL image files of oral solid dosage forms that are submitted to the FDA with SPL documents.

### [Presentations & Articles](#)

# DailyMed

1. From NLM
2. Provides drug labels for different drugs
3. Gives you a PDF of the drug label, and drug information



National Center for  
Complementary and  
Integrative Health

NIH...Turning Discovery Into Health

Search NCCIH



Información en Español

Health Info

Research

Grants & Funding

Training

News & Events

About NCCIH

## Health

### All Health Topics from A-Z

Research-based info from acupuncture to zinc.

### Complementary, Alternative, or Integrative Health

What do these terms mean?

### Be Informed

Learn how to make wise health decisions.

### Herbs at a Glance

Uses and side effects of herbs and botanicals.

### How To Find a Practitioner

Information on seeking treatment.

### Information for Health Care Providers

Evidence-based medicine, continuing education, clinical practice guidelines, and more.

### Know the Science

Tools to help you better understand complex scientific topics that relate to health research.



## Anxiety and Complementary Health Approaches

Resources for consumers and health professionals on what the science says about anxiety and complementary health approaches

# NCCIH

1. National Center for Complementary and Integrative Health
2. If you are looking for alternative therapies, **START HERE!**





## Hot Topics

- Roommates
- Homesickness
- Back to School
- Healthy School Lunch Planner



## Expert Answers on...

Can a Person Get AIDS From Cutting?

Find out more >

## Quiz

After hitting your head during a game, you should:

- A. sit out the game
- B. rest for 5 minutes
- C. keep playing

# Nemours - TeensHealth

1. National Center for Complementary and Integrative Health
2. If you are looking for alternative therapies, **START HERE!**

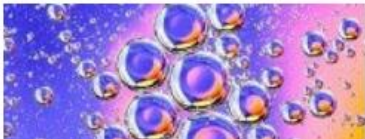


## Get Fit for Free!

Being active doesn't have to cost a lot of money. Check out these free exercise ideas and get moving today!



### IN THE NEWS



# National Institute on Aging

1. National Center for Complementary and Integrative Health
2. If you are looking for alternative therapies, **START HERE!**



# Indian Health Service

The Federal Health Program for American Indians and Alaska Natives

[A to Z Index](#)[Employee Resources](#)[Feedback](#)[About IHS](#)[Locations](#)[for Patients](#)[for Providers](#)[Community Health](#)[Career Opportunities](#)[Newsroom](#)

Tribal Partnerships

Find Jobs

Getting Services



## In the News

[Flu Season 2018 - 2019](#)

09/21/2018

[Update on Upcoming National Tribal Advisory Committee on Behavioral Health Meeting](#)

09/12/2018

[Suicide Prevention is Everyone's Business: National Suicide Prevention Awareness Month](#)

09/10/2018

[2018 IHS National Combined Councils Meeting](#)

08/24/2018

[I Am HHS - Rear Adm. Ty Reidhead](#)

08/23/2018

## Upcoming Events

[Annual Alaska Native Tribal Health Consortium's Tobacco Treatment Specialist Training](#)[IHS Direct Service Tribes Advisory Committee Quarterly Meeting](#)[IHS Tribal Self-Governance Advisory Committee Quarterly Meeting](#)[Community Health Aide Program Tribal Advisory Group Meeting](#)[Director's Workgroup on Improving Purchased/Referred Care](#)

# Indian Health Service

1. Can find health services on here
2. Information on general health topics
3. Information on community projects and initiatives IHS is working on

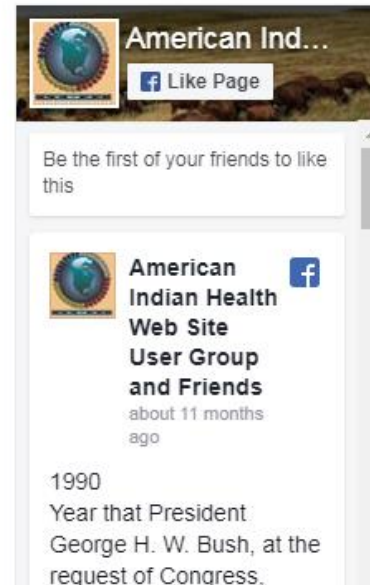




## Welcome!

American Indian and Alaska Native Health <https://americanindianhealth.nlm.nih.gov/> is a central source for information about the health and well-being of Native Americans and Alaska Natives. It is freely available, and offers access to evaluated and authoritative resources for:

- individuals,
- health educators,
- healthcare professionals.



# American Indian and Alaska Native Health

1. Health information portal for American Indians and Alaska Natives
2. Specific information for topics relevant to American Indians and Alaska Natives



## [YOUR LIBRARY NAME]'S HEALTH RESOURCES

- Put any relevant books/magazines/databases that your specific library subscribes to, and include any relevant notes. You can spend more time on this if there is a particular resource you'd like to highlight and walk students through

QUESTIONS?